

Chicken Parmesan Bake

www.CampbellsKitchen.com

Servings: 8

1 jar (24 ounce) traditional Italian sauce

1/3 cup Parmesan cheese, grated

2 pounds (4 to 5 ounce ea) skinless/boneless chicken breast halves

4 ounces (one cup) mozzarella cheese, shredded

1 package (11.25 ounce) garlic texas toast, prepared to package directions

Preparation Time: 20 minutes

Preheat the oven to 375 degrees.

Pour the sauce into a 13x9-inch baking dish. Stir in half of the Parmesan cheese. Add the chicken to the dish. Turn to coat with sauce.

Bake for 30 minutes.

Sprinkle with the mozzarella cheese and remaining Parmesan cheese.

Bake for 5 minutes or until the chicken is cooked through.

Serve the chicken and sauce with the toast.

Start to Finish Time: 55 minutes

Per Serving (excluding unknown items): 15 Calories; 1g Fat (60.0% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 3mg Cholesterol; 61mg Sodium. Exchanges: 0 Lean Meat; 0 Fat.

Chicken

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 15 | Vitamin B6 (mg): | 0mg |
| % Calories from Fat: | 60.0% | Vitamin B12 (mcg): | trace |
| % Calories from Carbohydrates: | 3.2% | Thiamin B1 (mg): | 0mg |
| % Calories from Protein: | 36.8% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 1g | Folacin (mcg): | trace |
| Saturated Fat (g): | 1g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |

| | |
|---------------------------|-------|
| Cholesterol (mg): | 3mg |
| Carbohydrate (g): | trace |
| Dietary Fiber (g): | 0g |
| Protein (g): | 1g |
| Sodium (mg): | 61mg |
| Potassium (mg): | 4mg |
| Calcium (mg): | 45mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | 0mg |
| Vitamin A (i.u.): | 23IU |
| Vitamin A (r.e.): | 7RE |

% Refuse: 0.0%

Food Exchanges

| | |
|-----------------------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 0 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 15 **Calories from Fat:** 9

% Daily Values*

| | |
|----------------------------------|----|
| Total Fat 1g | 2% |
| Saturated Fat 1g | 3% |
| Cholesterol 3mg | 1% |
| Sodium 61mg | 3% |
| Total Carbohydrates trace | 0% |
| Dietary Fiber 0g | 0% |
| Protein 1g | |
| <hr/> | |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 5% |
| Iron | 0% |

* Percent Daily Values are based on a 2000 calorie diet.